

pharma *dynamics*

EFFECTIVE AFFORDABLE HEALTHCARE

A Lupin Group Company

COOKING

from the

heart

Low Salt

There is a strong correlation
between increased **salt intake**
and **high blood pressure**.

A JOINT INITIATIVE WITH



THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA

Salt charts to
assist you in reducing
your daily sodium intake.

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THE HEART
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EFFECTIVE AFFORDABLE HEALTHCARE

foreword

The global prevalence of hypertension
(high blood pressure) was estimated
to be 1,13 billion in 2015, with a
projected increase of 15-20 % by 2025.

The prevalence of hypertension in
South Africa is **35 %**, and it is estimated
that more than 90 % of patients are
not adequately controlled.

There is a strong correlation between increased
dietary sodium (salt) intake and elevated blood
pressure. South African and International
Hypertension Guidelines Committees recommend
a reduced dietary sodium intake, together with
a healthy diet and medication as part of the
treatment protocol for hypertension.

Pharma Dynamics aspires to improve quality of
life and as the leading supplier of cardiovascular
medicines in South Africa, we are committed to
providing healthcare practitioners and patients
with the necessary wellness programmes to
complement their treatment regimes.



We have previously partnered with the Heart and
Stroke Foundation of South Africa (HSFSa) to
bring you a series of four Cooking from the Heart
recipe books. Pharma Dynamics and HSFSa have
again partnered to bring you **Cooking from the
Heart low salt**, in order to assist you in reducing
your daily sodium intake.

Sodium is ubiquitous in our diets and it occurs
naturally in foods, but is also added to processed
food as salt, as flavour enhancers (MSG), and
as preservatives. Controlling your daily sodium
intake is therefore very challenging.

We trust that you will find the information in this
salt chart booklet useful in making better food
choices in order to control your blood pressure.



**THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA**

Eating too much salt can contribute to the development of **high blood pressure** and worsen existing high blood pressure.



Reducing excess salt intake **improves blood pressure and lowers the risk** of heart disease, strokes and kidney disease.

The **World Health Organization** recommends eating no more than 5 grams of salt per day, which is equal to 2000 mg sodium (Na) per day. This includes the salt already in foods, salt added during cooking, and salt added at the table.



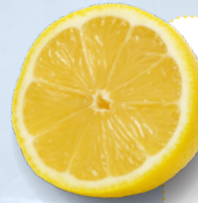
MAKING SENSE OF THE NUMBERS

The **chemical name** for salt is sodium chloride.

Salt consists of 40 % sodium and 60 % chloride.

1 teaspoon of salt weighs roughly 5 grams, and is equivalent to 2 grams (2 000 mg) sodium.

It is easy to **consume too much salt** as it is hidden in many foods, and over time people become accustomed to the taste of salty food. In a recent study, 28 % of 900 South Africans consumed more than 9 grams of salt per day.



Salt is added to **packaged and processed foods** for taste, texture and preservation. Even foods that don't taste salty can be high in salt.

Salt is displayed as sodium on food package labels. Use the amount per 100 g to compare similar products or the amount per portion for the contribution towards the daily limit of 2000 mg.



When a food product label does not display a nutritional information table, look at the **ingredients list** to see if the product contains salt or another form of added sodium.

Eat less salt by **making better food choices**

Compare similar products or different brands to choose foods lower in sodium.

Use herbs, unsalted spices, garlic, ginger, lemon and vinegar to **flavour foods**.

Consume very salty foods like take-outs, soup powder, polony, sauces and salty spreads infrequently.

Taste food before adding salt and remove the salt shaker from the table.

SALT CHARTS DISCLAIMERS

- **Sodium (Na) values** indicated on the charts are based on one representative product per food type. Sodium content will differ by brand, variant or flavour. Check the sodium (Na) content on the nutritional panel of the product prior to purchase.
- **Portion sizes** are based on the Food and Drug Administration's (FDA) Reference Amounts Customarily Consumed (RACCs) or portion size indicated on the nutritional panel.

salt chart grains & bakes

mg sodium (Na) per serving



salt chart **savoury snacks**

mg sodium (Na) per serving



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salt chart spreads & dips

mg sodium (Na) per serving



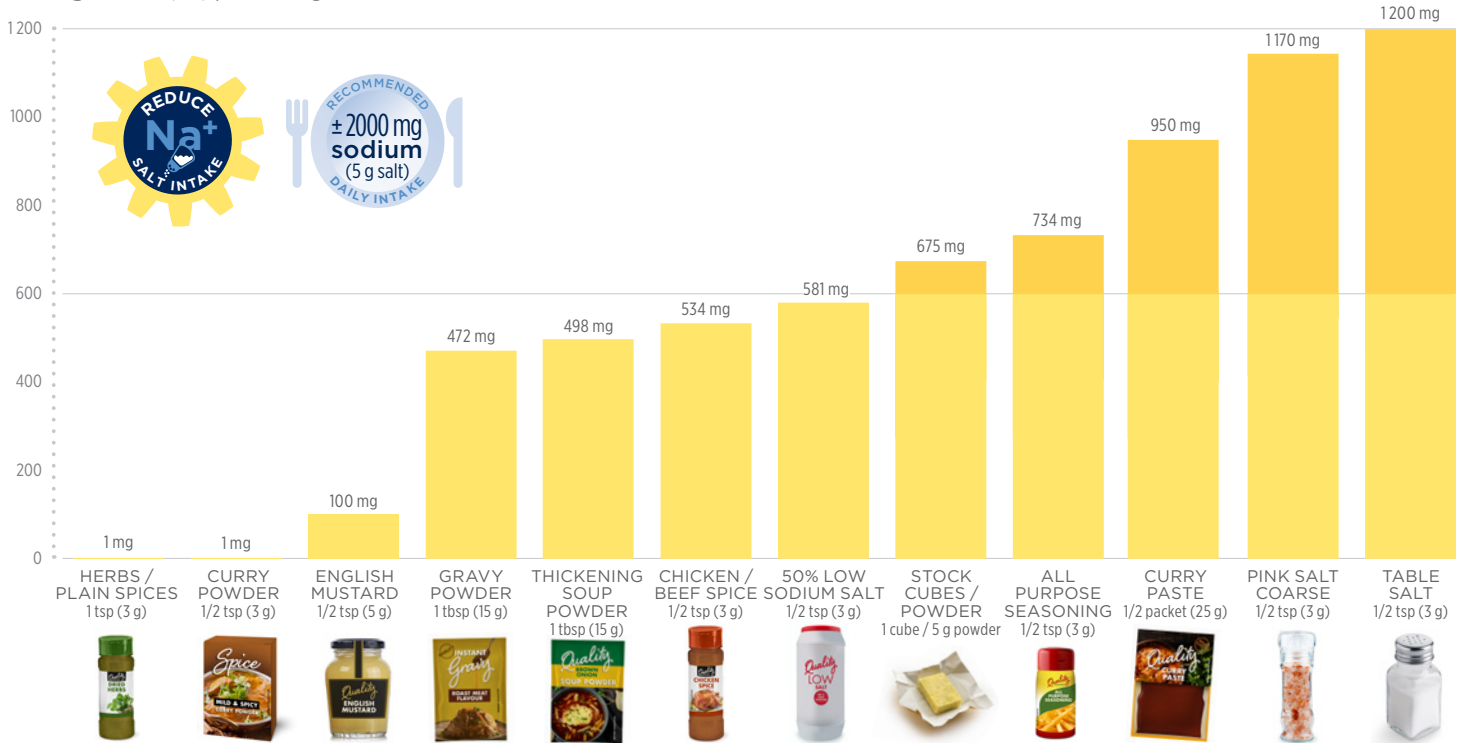
salt chart dairy

mg sodium (Na) per serving



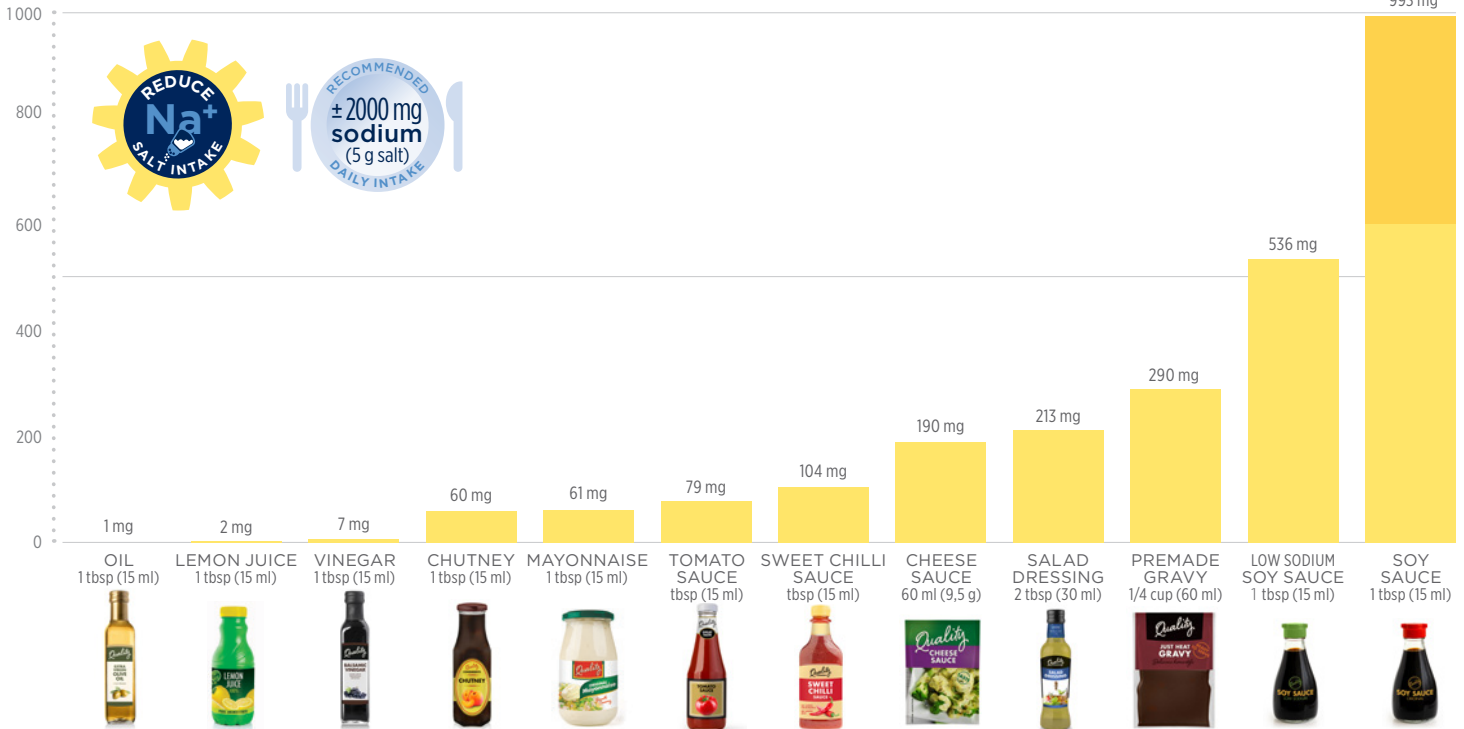
salt chart herbs & spices

mg sodium (Na) per serving



salt chart **condiments**

mg sodium (Na) per serving



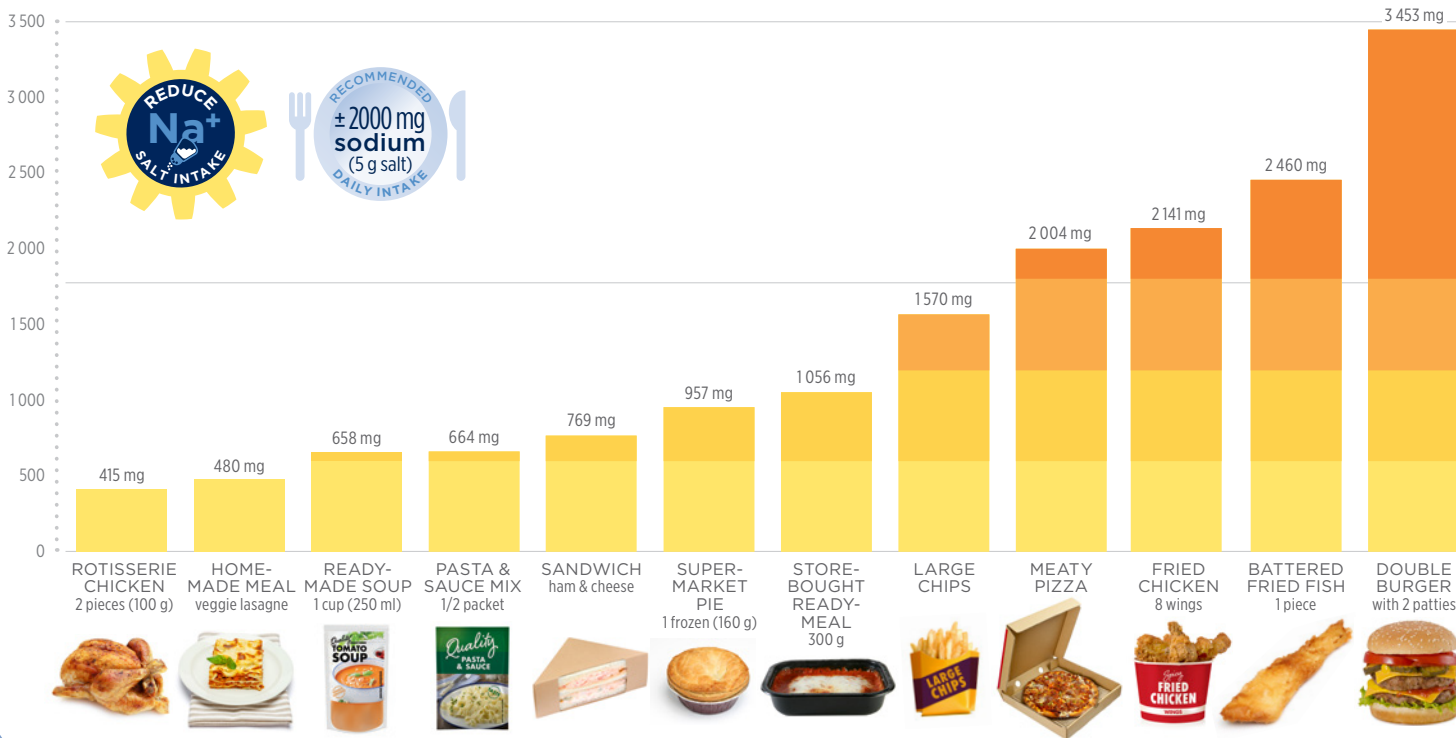
salt chart meat & proteins

mg sodium (Na) per serving



salt chart meals

mg sodium (Na) per serving



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Add
flavour

Lemon juice brings out the natural flavour of food.



Herbs & salt-free spices are great sources of flavour.

how to **add less salt** to your food?

Start with one step at a time and reduce your salt intake gradually. Gradual changes are easier to sustain and remember that you can teach your taste buds to enjoy food with less salt.

If you add salt at the table, change this habit first by not putting the salt shaker on the table. If you added salt during cooking you don't need to add more at the table.

Try to use less salt when you are cooking. Taste your food during cooking before you add salt, as it may not need it. If you have already added salty spices or a stock cube, you don't need to add salt as well.



lemon is the new salt

Remember that 'lemon is the new salt' – it brings out the natural flavour of your food. Instead of adding more salt, rather add a squeeze of lemon juice.

Herbs and salt-free spices are great sources of flavour. Try dried mixed herbs, parsley or rosemary or spices like curry powder, paprika and pepper. Ingredients like garlic, onion, ginger and chilli also add lots of flavour – without the need for more salt.

how do i
**choose less
salty food?**

Look at pages
12 & 13 on **how**
to read food
labels.



the **DASH** diet

The DASH (Dietary Approaches to Stop Hypertension) diet is considered an important advance in nutritional science.

It emphasizes foods rich in protein, fibre, potassium, magnesium and calcium, such as fruits, vegetables, beans, nuts, whole grains and low-fat dairy. It also limits foods high in saturated fat and sugar.

The DASH diet is recommended by South African and International Hypertension Guidelines as numerous studies have consistently shown that it lowers blood pressure across a diverse range of patients with hypertension and pre-hypertension.

DASH is not a sodium-reduced diet, but its effect is enhanced by reducing dietary sodium intake.

Refer to page 14 for our **Cooking from the Heart** recipe book series.



understanding food labels

Part of making good choices, is knowing what is in different food products. The habit of always reading food labels will benefit the whole family and is an important part of following a healthy lifestyle. Knowing what to look out for, is a good start.

Every food label looks a little different, but should contain certain important information to help you decide whether or not it is a healthy option. Understanding what this information means, will make reading labels so much easier.

Use this 2-step guide to understand the two important aspects of reading food labels: first the **nutrition information panel**, followed by the **list of ingredients** in the product.

Look for the Heart Mark logo. It makes choosing healthier food products easier when shopping.



step 1: read the nutrition information panel

The Nutrition Information Panel on a label is often divided into columns. One column shows the nutritional value per 100 g of food and the other column, the values per suggested serving size, indicated for that specific product. In an additional column, the nutritional elements are listed and should indicate the **energy, protein, fat, carbohydrates, sugar** and **sodium (salt)** in food. General guidelines for the ideal amount of each nutrient have been suggested on the next two pages.

TYPICAL NUTRITIONAL INFORMATION		
Average values	per 100 g	per 20 g serving (1 pack)
Energy	1550 kJ	310 kJ
Protein	11,9 g	2,4 g
Glycaemic carbohydrate of which total sugar	73 g 2,5 g	15 g 0,5 g
Total fat of which: saturated fat	3,0 g 0,7 g	0,6 g 0,1 g
trans fat	0,0 g	0,0 g
monounsaturated fat	0,5 g	0,1 g
polyunsaturated fat	1,8 g	0,4 g
Cholesterol	0 mg	0 mg
Dietary fibre*	3,3 g	0,7 g
Total sodium	662 mg	128 mg

SERVING SIZE

Note: The serving size on the label may not be the ideal portion size. Always look at the 'per 100 g' column to compare products

CARBS

Total or glycaemic amount and sugars | Limit foods high in added sugar
Aim for less than 5 g per 100 g

Note: Ignore the grams of sugar on the Nutrition Information Table as it is included in the grams of total or glycaemic carbohydrates

FATS

Total | Aim for less than 10 g per 100 g
For milk and yoghurt aim for less than 2 g per 100 g

Saturated | Aim for less than 3 g per 100 g or as low as possible

Trans | Aim for less than 1 g per 100 g

Oils and margarines are high in fat
Choose poly- and monounsaturated varieties and use sparingly

DIETARY FIBRE

Aim for 3 g or more per serving

SALT (Sodium)

Aim for less than 120 mg per 100 g
(see table on page 13)

step 2: read the list of ingredients

The **list of ingredients** should be indicated in **order of highest to lowest quantity** in the specific food (see the examples below). The first three ingredients on the label make up the largest portion of the product. **Be aware of either sugar, salt or fat** as one of these first ingredients, as this may indicate that it's not such a healthy choice. Also take note that these ingredients are sometimes 'hidden' in products and listed under different names, which could be confusing.

Remember that **sugar, fat** and **salt** can be listed under different names on a label.

Sugar

concentrated fruit juice, corn syrup, dextrose, fructose, glucose, glucose syrup, golden syrup, maple syrup, honey, lactose, malt, malt extract, maltose, isomaltose, maltodextrin, molasses, sucrose, raw sugar, cane sugar, invert sugar, treacle

Salt

baking soda, salt, MSG (monosodium glutamate), any word containing the term sodium, nitrates, nitrites

example 1 brown onion soup powder

INGREDIENTS: wheat flour (gluten), corn starch, salt, flavour enhancers (E508, E627, E631), sugar, dehydrated vegetables (carrot, leek), vegetable fat (palm fruit, TBHQ [E319], BHT [E321], hydrolysed vegetable protein (soya), colourant (E150a), thickener (E412), irradiated onion, irradiated herbs, anti-caking agent (E551), irradiated garlic, acidity regulator (E330), irradiated spices, flavourings

example 2 tin of chopped tomatoes

INGREDIENTS: tomatoes, tomato paste, citric acid, calcium chloride



Fat

animal fat, beef fat, butter, chocolate, carob, coconut oil, cream, dripping, ghee, hydrogenated oils, lard, margarine, milk solids, monoglycerides, palm oil, seeds, nuts, coconut, shortening, tallow, trans fats, vegetable fat

Use this practical table to know the **ideal value of each nutrient** in different foods.

Nutrient Per 100 g of food	Fat	Saturated fat	Sugar	Salt (Sodium)	
low Eat more often	< 3g	< 1,5g	< 5g	< 120mg	😊
medium Eat seldom	3-20g	1,5-5g	5-15g	120-600mg	😐
high Avoid	> 20g	> 5g	> 15g	> 600mg	😞

< stands for **less** than
> stands for **more** than



APPROVED AS PART OF
THE HEART AND STROKE
FOUNDATION EATING PLAN

The Heart and Stroke Foundation South Africa

implemented a healthy foods endorsement programme called the Heart Mark programme, about 25 years ago. **The Heart Mark** logo on the food labels indicates that it is a product low in salt, saturated fat, trans fat and sugar and high in fibre. Heart Mark products can contribute to reducing and controlling lifestyle diseases, like high blood pressure, bad cholesterol, heart diseases and strokes. Keep in mind that no product should be eaten in excessive portions or too frequently, even if it carries the Heart Mark.

COOKING from the heart

Recipe Books

Heart healthy recipes
low in kilojoules (kJ), total
fat, saturated fat, salt,
sugar and cholesterol.



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CookingFromTheHeartSA](https://www.facebook.com/CookingFromTheHeartSA)



Sign up for **weekly recipes** from our
ambassador, **Ginger**

www.cookingfromtheheart.co.za

Also visit www.ichange4health.co.za
for guidance on healthy eating, quitting smoking,
moderate exercise and reduced alcohol intake.

Change4health is a joint initiative with the
Chronic Disease Initiative for Africa (CDIA)

